

SPECIAL POPULATIONS

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SALINA PARKS & RECREATION
SPECIAL POPULATIONS PROGRAM

NEWS & VIEWS



Happy Thanksgiving! Join us for a little Special Pops fellowship this month by signing up for our fun-filled activities. Enjoy a slice of heaven at our Pie Festival, cheer on the Wichita Thunder at the hockey game, or shop for your loved ones during our Christmas spree in Manhattan. Too many to choose from? Try them all!

Here's what's going on in November...

L.I.F.T. Cardio...

New Time! 2:45-3:30pm

This activity is centered around a cardiovascular workout that gets your heart rate up and starts burning those calories! At the YMCA, you'll have the choice of using a stationary bike, treadmill, or walking the indoor track. Pick-ups begin at 2:00pm. Cost of L.I.F.T. Cardio is \$9/\$16. Limit: 10 participants.

Movie Night... Catch a cool flick with us at Showplex Cinemas in Central Mall

on November 23. Pick-ups begin at 5:30pm and we'll hang out at the mall until the show begins. Please bring money if you would like to purchase snacks. Cost is \$12/\$15.

Bowling... For \$12/\$17, bowl four games during the month (twice at a time). The cost includes shoe rental. Please bring extra money if you would like to purchase food or drinks. Pick-ups begin at 2:00pm, and we'll play from 3:00-4:00pm. Don't miss out!

D.R.U.M... Doing Rhythmic Universal Movement is a unique drumming program using a stability ball, drumsticks, and music, to develop sensory/motor reflexes and kinesthetic awareness. Pick-ups begin at 2:00pm and we'll D.R.U.M. at Friendship Center from 3:00-4:00pm. Cost of this activity is \$8/\$13.

Pie Festival... Take your pick, we'll have 10 different kinds of pies to choose from.

Don't miss this sweet afternoon on November 9 at Friendship Center when we sample a variety of specialty pies along with some classics. A drink will be provided. Pick-ups begin at 2:30pm and we'll enjoy our desserts from 3:30-4:30pm. Cost is \$10/\$13. Deadline to register is November 8. Enjoy!

Christmas Shopping/ Dinner in Manhattan...

With Thanksgiving now behind us, let's focus on Christmas! Hop on the bus and head to Manhattan to shop for Christmas gifts for your family and friends. After a few hours at Manhattan Town Center, we'll relax with dinner out on the town. Pick-ups begin at 1:30pm and we'll shop from 3:30-5:30pm; dinner will follow. Please come with a list of items you'd like to buy so staff can help you with your purchases. Cost is \$40 which includes your dinner and transportation. Deadline to register is November 29. Don't miss out!

KWU Basketball Game

Cheer on the Kansas Wesleyan Coyotes as they go head-to-head against Baker University. Pick-ups on November 16 begin at 5:30pm with game beginning at 7:00pm. Please bring money if you would like to purchase snacks or drinks from the concession stand. Cost is \$12/\$15 for your admission. Deadline to register is November 15. Don't forget to wear your purple! Go Coyotes!

Wichita Thunder Hockey

It's back! Join us on November 13 for another thrilling hockey game: Wichita Thunder vs. Bloomington. Pick-ups begin at 3:30pm with the game beginning at 7:05pm. Please bring at least \$15 for dinner! We will arrive home around 12:00am. Cost of this activity is \$40 which includes your admission and transportation. Deadline to register is November 10. Go Thunder!

How To Contact Us:

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